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Agnisar Kriya – My Morning Fire Ritual for Digestive Power and Energy at 60

Igniting My Inner Fire for Perfect Health

At 60, my health is exceptional — no pills, no hospital visits, flawless digestion, and sustained energy throughout the day. This is the result of my daily rituals, and one of the most powerful is *Agnisar Kriya*, performed first thing in the morning on a completely empty stomach — right after waking, after clearing bowels if possible, and before any liquids or food. This dynamic yogic technique involves rapid abdominal contractions and expansions while holding the breath out, stimulating "*Agni*" (digestive fire). I do 100-200 pumps in sets, feeling warmth spread through my core. It's a game-changer for metabolism, organ tone, and vitality.

The Science Behind *Agnisar Kriya*

Agnisar Kriya strengthens abdominal muscles, massages internal organs, and enhances gastric secretions for better digestion [1][2]. Studies on similar dynamic yoga practices show improved gastrointestinal motility, reduced constipation, and relief from irritable bowel syndrome (IBS) symptoms by stimulating the enteric nervous system and vagus nerve [3]. It boosts metabolism by increasing oxygen supply and heat production, aiding fat loss and energy levels [4]. Practiced on an empty stomach (ideally early morning after cleansing, or evening 4-6 hours post-meal), it maximizes benefits without discomfort, as food presence can cause nausea [5]. Regular practice lowers stress hormones via parasympathetic activation, supporting immunity and gut-brain health [6].

The Heart-Touching Awakening of Inner Strength

This ritual feels like kindling a sacred fire within — a quiet, powerful start that fills me with confidence and lightness. The rhythmic pumping clears morning sluggishness, leaving me energized and focused. It's emotional because it connects me to ancient yogic wisdom, proving gentle daily discipline creates profound wellness. Many report reduced anxiety and better emotional balance from such practices [6].

Longevity Benefits and Safety

Agnisar tones the diaphragm, improves lung capacity, and detoxifies by enhancing peristalsis — preventing bloating and promoting regular elimination [2][3]. For aging, it supports metabolic health, reduces visceral fat, and protects against diabetes by improving insulin sensitivity [4]. Timing is key: early morning empty stomach activates maximum *Agni*; evening practice needs 4-6 hours fasting. Caution: high BP, heart issues, ulcers, pregnancy, menstruation — consult a doctor.

How I Practice Agnisar Kriya Safely

Best time: Early morning after ablutions, empty stomach. Stand with feet apart, hands on thighs, exhale fully (Bhaya Kumbhaka). Rapidly contract (pull belly in) and expand abdomen 20-50 times per round. Start slow (10-20 pumps), build to 100-200 over sets. Breathe normally between rounds. Avoid strain; stop if dizzy.

Embrace Your Inner Fire

Add *Agnisar* to your mornings for transformative digestion and energy. This ritual keeps me thriving at 60.

Visit the [Wellness page](#) on [Explore Ikigai](#) to discover more daily rituals for a healthier life.

Bibliography

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